

Appendix

Social and environmental construct subscales with accompanying statements

Culture/tradition for parent (5-point scale; strongly disagree to strongly agree plus don't know)

I grew up eating/drinking cheese.

I grew up eating/drinking yogurt.

I grew up eating/drinking milk.

I grew up eating/drinking pizza.

I grew up eating/drinking dark green leafy vegetables.

Parent's perception of child's access to calcium rich foods outside of home (4-point scale; Strongly disagree to strongly agree plus don't know)

My child gets calcium in foods when served at school.

My child gets calcium from milk when served at school.

Parenting styles (5-point scale; strongly disagree to strongly agree plus don't know)

Even if my child doesn't like what is fixed for meals, he/she still has to eat at least some of it.

I help my child decide what to eat or drink.

My child is encouraged to eat healthy foods when he/she sees me eating healthy foods.

By making healthy foods available at home, I encourage my child to eat healthy.

Parental role modeling (5-point scale; never to always plus don't know)

How often do YOU do the following?

Eat foods high in calcium.

Drink regular soda pop. (Reverse code)

Drink diet soda pop. (Reverse code)

Drink milk with breakfast.

Drink milk with lunch.

Drink milk with dinner.

Drink milk with snacks.

Drink water with meals. (Reverse code)

Drink water with snacks. (Reverse code)

Drink tea with meals. (Reverse code)

Drink tea with snacks. (Reverse code)

Drink milk with meals away from home.

Eat yogurt with meals.

Eat yogurt with snacks.

Availability of calcium-rich foods (5-point scale; never to always)

How often do you keep these foods in your home for YOUR CHILD?

Cheese

Yogurt

Cereal and milk

Macaroni and cheese

Milk

Chocolate milk

Juice with added calcium

How often do you have these beverages in your home? (Reverse code)

Regular soda pop

Diet soda pop

Fruit drinks like Kool-Aid® or Sunny Delight®

Parent's concerns about prices of calcium-rich foods (5-point scale; strongly disagree to strongly agree plus don't know)

Cheese is expensive.

Yogurt is expensive.

Milk is expensive.

Pizza is expensive.

Dark green leafy vegetables are expensive.

Parental encouragement (5-point scale; strongly disagree to strongly agree plus don't know)

I want my child to eat healthy now so he/she will have good eating habits when he/she is older.

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(Continued).

I think it is important to talk to my child about eating healthy.
 I tell my child that dairy foods are good for him/her.
 My child is encouraged to eat healthy foods when he/she sees me eating healthy foods.
 By making healthy foods available at home, I encourage my child to eat healthy.
 Eating out (5-point scale; never to always)
 We are too busy to cook.
 We are too tired to cook.
 We are taking children to activities at mealtime.
 To spend quality time together as a family.
 To celebrate (wedding, birthday) or as a reward (e.g., for good behavior).
 To be with friends in a social setting.
 To try something new.
 Interruption of family meals (5-point scale; never to always)
 Our family schedules are too busy for us to eat together.
 Our family eats meals together in front of the TV.
 At dinner everyone in our family is going in different directions, grabbing and running to eat on their own.
 Attitude and preferences construct subscales with accompanying statements
 Liking/taste calcium-rich foods for parent (6-point scale; strongly disagree to strongly agree plus don't know)
 I like the taste of cheese.
 I like the taste of yogurt.
 I like the taste of milk.
 Dark green leafy vegetables (like collard greens, kale and bok choy) taste good.
 I don't know how to fix dark green leafy vegetables so my family will like them. (Reverse code)
 I like the taste of tofu.
 I don't know how to fix tofu so my family will like them. (Reverse code)
 Dairy/milk intolerance for parent (6-point scale; strongly disagree to strongly agree plus don't know)
 Yogurt upsets my stomach.
 Milk makes me sick.
 I heat milk to make it easier to digest.
 I eat cheese or yogurt because milk upsets my stomach.
 Health benefits for parent (6-point scale; strongly disagree to strongly agree plus don't know)
 Cheese gives me calcium.
 Cheese is good for me.
 Yogurt is good for me.
 Milk is good for me.
 Milk gives me calcium.
 Milk is a good source of protein.
 Pizza is good for me.
 Pizza is healthy, if you have healthy toppings.
 Dark green leafy vegetables are good for me.
 Tofu is good for me.
 Parent's perception of importance of calcium sources for children (5-point scale; not at all important to extremely important)
 In your opinion, how important are these foods in helping YOUR CHILD get the calcium he/she needs?
 Macaroni and cheese
 Pizza
 Milk
 Yogurt
 Cheese
 Dark green leafy vegetables
 Tofu
 Weight concerns in general (6-point scale; strongly disagree to strongly agree plus don't know)
 Cheese is fattening.
 Milk is fattening.

(Continued)

(Continued).

Pizza is fattening.

I think lower fat dairy foods are better for weight control than higher fat dairy foods.

Parent's expectations for child's intake of beverages (6-point scale; strongly disagree to strongly agree plus don't know)

How often do you allow YOUR CHILD to drink these beverages in your home?

Regular soda pop. (Reverse code)

Diet soda pop. (Reverse code)

Fruit drinks like Kool-Aid® or Sunny Delight®. (Reverse code)

How often do you try to get YOUR CHILD to do the following?

Drink milk with breakfast.

Drink milk with snacks.

Drink milk with lunch.

Drink milk with dinner.

Drink milk when we go out.

Drink water with meals. (Reverse code)

Drink water with snacks. (Reverse code)

Drink tea with meals. (Reverse code)

Drink tea with snacks. (Reverse code)

Drink less soda pop.

Parent's concern over adequacy of own calcium intake (6-point scale; strongly disagree to strongly agree plus don't know)

If I don't get enough calcium, I could have weak bones as I get older.

I am concerned that I am not getting enough calcium.

I am not getting enough calcium because I don't eat dairy products.
